



MONTHLY MEETING - MONDAY, June 19th, 2017

Social @ 6:30 PM Meeting @ 7:00 PM

LOCATION: Momo's Pizza in Killbuck, 1410 Market Street, Tallahassee, FL 32312

Click [HERE](#) for Google Maps Location

WHAT IS IN THIS MONTH'S NEWSLETTER?

THIS MONTH'S SPEAKER: DR. RYAN FENN

TRAINING & CONTACT INFORMATION

INTRODUCING THE NEW GRAND PRIX TEAM!!!

GRAND PRIX UPDATED THROUGH IRONMAN 70.3 GULF COAST

MEET YOUR B.O.D. - MICHELLE BUTLER

CLUB GIVEAWAYS

TRIATHLETE SPOTLIGHT - ALISON & WAYNE THUMM



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This Month's Speaker:

Ryan Fenn, DC
Doctor of Chiropractic

Presentation: Gaining a biomechanical and neurological advantage over your competition



Dr. James Ryan Fenn was born and raised in Tallahassee. He rode motocross all his life and continues to do so as a family affair. He married his college sweetheart, Jeanette, and they now have a family of four with their son, Ryland, and their ball of fur, Teddy. Dr. Fenn has been serving Tallahassee since 2000 and truly has a passion for his community. His heart is catered towards families and he has a special place in his heart designated to those with autism. With Ryland's diagnosis in 2004, Dr. Fenn comes from a place of understanding and proactive care. The workplace is always a positive environment, thanks to his upbeat and encouraging personality. He has helped thousands of people ranging from ages zero to one hundred years old. It is one of the most rewarding jobs to know that every day at the office he is helping and touching hundreds of lives each week.

As usual, the monthly meeting will take place at **Momo's Pizza** in Killlearn (1410 Market Street) on the third Monday of the month (**Monday, June 19, 2017**). Please join us at **6:30 pm** for the Social portion of the evening with our speaker beginning at **7:00 pm**.

Gulf Winds Triathletes Training and Contact Information:

Triathlon Events: Gulf Winds Triathletes Board of Directors, info@gulfwindstri.com.

More information on the **Gulf Winds Triathletes** is available at <http://gulfwindstri.com> and on Facebook at <https://www.facebook.com/gulfwindstri/>. Monthly meetings are held the **third Monday** of every month at **6:30 pm** at **Momo's Pizza** in Killlearn, on Market St.

Swimming Times:

More information on pool hours and lap lane availability is available at:

- City of Tallahassee Aquatics: <https://www.talgov.com/parks/parks-aquatics-aqua.aspx>
- Morcom Aquatics Center (FSU): <http://www.seminoles.com/ViewArticle.dbml?ATCLID=209595998>

Running Times:

- Mondays - 6 PM @ Winthrop Park winding through Betton Hills
- Tuesdays - 6:30 PM @ Mike Long Track (FSU) - Interval Training
- Tuesdays - 5:15 P @ Harriman Circle - Family run/walk.

- Wednesdays - 6 PM @ Leon High School - Interval Training
- Thursdays - 6 PM @ Optimist Park winding through Indian Head Acres
- Thursdays - 6 PM @ Forest Meadows for 5-7 miles
- Sundays - 7:30 AM @ Forest Meadows for 10 miles or more

Additional local running information can be found at <http://www.gulfwinds.org>.

Riding Times:

- Wednesdays - 5:30 PM @ Chaires Community Center riding 30 miles at a B-C pace

Additional local ride information can be found at <http://www.cccyclists.org>.

INTRODUCING THE NEW GRAND PRIX TEAM!!!!

With the increased popularity, workload, and opportunities related to the Gulf Winds Triathletes Grand Prix, the Gulf Winds Triathletes Board of Directors recently solicited the club for volunteers to help manage the Grand Prix and continue to improve it. We are overwhelmed with the response and excited to announce the following new Grand Prix Coordinators and outline *some* of what they will be doing for you!

The names in this group include **Tina Bahmer, Karen Jeter** (current BOD member), **Brian Dupree, Marc Malonzo, Keith Rowe** and **Billy Miller**. Click [HERE](#) to read how each person will play an integral part in our Grand Prix Team.

Please be sure to thank our new, enthusiastic volunteers and offer your ideas and support!

GRAND PRIX UPDATE

The Grand Prix standings have now been updated through the Ironman 70.3 Gulf Coast triathlon. To see the latest results, you can go to <https://gulfwindstri.com/grand-prix-results/>

We aim to update this list every two or three Grand Prix races as the season progresses.

The next Grand Prix event is Jax Tri #1 in Fernandina Beach on June 17 and it is a targeted race.

Meet Your Board of Directors!

You probably know that your Gulf Winds Triathletes Club exists to encourage participation in the sport of triathlon, whether for competition, physical fitness, or pleasure; to stimulate the exchange of information about the sport of triathlon and to disseminate such information; to provide social opportunities for individuals participating in the sport of triathlon; to encourage individuals to pursue opportunities to compete in races and to provide and/or promote organized events in which interested individuals may participate.

But what do you know about the people working behind the scenes to make all of that happen... your Board of Directors? Here are some interesting facts about one of our newest Board of Directors members, **Michelle Butler!**

Michelle's Top-3, Triathlon

Accomplishments:

1. Ironman Chattanooga. September 2016.
First full Ironman, and yes I will say it, my last. With average temps of 58 F for lows and 80 F for highs, I was not expecting an all time Record high of 97 degrees F on race day. The "Choo" bike course offers 4 extra miles and each one was felt during the heat of that day. As one racer said, "Quite a baptism by fire for my first full." Overcoming unexpected and extreme conditions on an already "longer" and hilly course made for a well deserved pat on the back.

2. Clermont Sprint Triathlon. March 2016.
This race was short, fast and fun! It was the first race I felt completely ready for, even though it was the first race of the season. I attempted to help a friend during my first transition and still managed a second place podium finish! Win, win!



3. Ironman Wisconsin 70.3. June 2017.

To say that I was undertrained for this event is a HUGE understatement. I sprained my foot 6 weeks before the race. Aside from the sprain, I definitely should have done more training. This was the first race, I actually allowed the thought of quitting enter my head. The bike portion was extremely technical and the ascents were long. Only having 10 gears in my rear cog and being undertrained had me doubting my ability to push through the never ending hills. There was an unexpected heat wave and with little training to get acclimated to the heat this season, I felt overheated many times on the run. My mental game, knowledge of nutrition and keeping my core cool were elemental to making this most recent triathlon quite the accomplishment!

Michelle's Top-3, 2017 Goals:

1. Consistency! There are times when my training seems to just all come together. I believe this happens when I am consistently training, whether those workouts be great or terrible. I often fall off of the consistency wagon but try to remind myself that today is a new opportunity to start my roll of a full green week!
2. Record more. I'm pretty bad about writing race reports. I would like to keep a more accurate log of things that work and don't work for future events. At the time it seems tedious, but what are we doing all this training for if we don't use the information we get from it.
3. As a wise friend of mine has said, to have fun and be grateful. It's easy to get caught up in what went right and what went wrong during training or racing. But I would like to try and focus more on just being thankful. Thankful for the luxury and ability to do things with our time, bodies and minds, that some parts of the world could never have the means to be able to do.

CLUB GIVEAWAYS

There are more giveaways to be given at this month's meeting as in recent months. Remember, you must be in attendance to be eligible for the drawing!

TRIATHLETE SPOTLIGHT

ALISON & WAYNE THUMM



This month's spotlighted triathletes have come such a long way in the sport of triathlon. New to the sport less than five years ago, they now look and race like pros out on the race course. They consistently place high in their age group in races ranging from sprint all the way up to Ironman distance. These are not only seasoned triathletes you can learn a great deal from, but wonderful people to meet. Read on to learn more about Alison and Wayne.

ALISON THUMM

Alison is a Tallahassee native who is married to Wayne (more on him in the male triathlete spotlight below!) and has two wonderful children - Payton and Connor. She came into triathlon as a true newbie not even comfortable riding a bike down the St. Marks Trail or swimming one length of the pool. She has progressed so far as to be considered a top age grouper who can compete in any distance and on any level. The advancement she has made is nothing short of amazing. This has been made possible by a workmanlike approach, careful research of the sport and can-do attitude. She is sure to do some special things this season and more to come. She is able to balance family and work life while excelling in the sport of triathlon.



Photo Credit: Colin Abbey
([https:// colinabbeyphotography.com/](https://colinabbeyphotography.com/))

Name: Alison Thumm

Age: 39

Current occupation: Nurse Anesthetist

Previous occupation: Critical Care Nurse

Dream occupation: Whatever job that would allow me to work 10-2 Tuesday- Thursday.

If money were no object, what would you do: Travel the world

Favorite non-triathlon hobby: Sleeping Ninja I am.

Favorite indulgence: Red Wine

How long have you been doing triathlon: 5 years

Why do you participate in triathlon: I love endurance sports for many reasons- I think that consistent, hard work should always be rewarded. This is a sport where I have definitely found this to be true. I also find that it is an extremely good outlet. Sweat Flying, demons dying!

Share something others don't know about you: I grew up as a dancer- I started running when I was 31 years old after my son was born and someone invited me to Seaside for a half

marathon.

What events/distances do you train for: I really love the half ironman distance. I'm not really built for sprints- but I tempo pretty well and this distance seems to have worked well for me in terms of physiology and time commitment for training.

What are your current goals: After a pretty rough go at Ironman last year, I decided I really wanted to focus on the 70.3 distance and finish in the top 10 of my age group in an Ironman brand race. In February I had a flare up of Peroneal Tenosynivitis and in March I crashed on my bike and ended up with a small sacral fracture- so currently I am trying to rebuild and hope to race in Augusta in September.

What is your favorite race and why: I think any race in Chattanooga will always be my favorite- Both Wayne and I finished our first Ironman there, followed by 70.3- it is a wonderful town and I have so many good memories there. I'll be going back in a few weeks for my first Waterfront Olympic!

What hydration and nutrition products do you use: I have tried really hard to get good at this part. When I first started training I think I scared my coach- I would go miles and miles on nuun and fumes- it didn't work out so well.. now I have upgraded to Gatorade, paydays, and red bull- still fumes at times. I have 2 huge bags of Infinit in the pantry, I really need to step it up in this department!

What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.): D12 shifting could be one of the best things that ever happened to me

What training resources do you recommend: I have always leaned heavily on local resources. When I was primarily running I learned tons and ran PR's at every distance I could think of based on Nancy Steadmans coaching. When I decided to get into triathlons I was lucky enough to get Charlie Johnson of Triattic to take me as a client (I knew NOTHING) and he basically tore me down and built me up again. I love personal coaching, I think it is an investment better than any other- the dividends are huge.

What advice do you have for anyone beginning triathlons: Consistency trumps EVERYTHING.

What, in triathlon, do you wish you could improve the most: My swim is in need of HELP. I wish someone would start a swim school for 40 year old adult onset swimmers.....

What is your idea of a perfect day: Sleeping in, waking up a special clock that has 28 hours on it, having breakfast with my kids, riding my bike for a really long time, and finishing the day drinking wine and eating Sushi somewhere with a view of the beach.

WAYNE THUMM

As a husband of a triathlete, father of 2 active kids, and having a full time job, who would think anyone would have time to train for triathlon. You have to make a plan for the week and stick to it. During Sunday dinner is where we have the plan, what call does Alison have, what work activities do I have, kids activities, ok now when are we each going to get our 12-15 hours of training in. The answer...early mornings and some passing at the door. It sounds crazy, but we made through Ironman training together and did not get kill each other, lose any kids, and made sure everyone was fed. Racing gives you an adrenaline rush, but having your kids ask you if you're going to swim, bike or run today really hits home. They understand the sport and both enjoy it as well, now only if I would of started when I was their age.



Name: Wayne Thumm

Age: 45

Current occupation: Sales Consultant for Southern Glazer's Wine and Spirits

Previous occupation: Manager of Capital City Country Club

Dream occupation: Doing Food and Beverage reviews around the world

If money were no object, what would you do: Travel and do as many races in as many countries as I could.

Favorite non-triathlon hobby: Cooking

Favorite indulgence: Wine and M&M Ice Cream Sandwiches. Not together however.

Favorite book, TV show or movie: Shawshank Redemption

How long have you been doing triathlon: 6 years

Why do you participate in triathlon?: I was hooked after my first race, that I entered and have never looked back. It has become part of my life.

Share something others don't know about you: I had a 4 handicap in golf before triathlon. Now my golf clubs live in our guest bedroom closet.

What events/distances do you train for: I have done everything from Sprint to full Ironman. With my busy life, I have put full ironman on the back burner and will focus mostly on 70.3 distance.

What are your current goals: Continue to improve in my age group and break the top 15 this year. Of course, try to keep as many victories as possible in the Thumm VS Thumm races.

What is your favorite race and why: Both Chattanooga 70.3 and 144.6. I love the city for both racing and after race activities. Ironman 2016 will always mean the most to me, because Alison and I stood side by side and jumped in the river together. Neither had the race we wanted that day, but the moment we jumped in together], I will never forget.

What hydration and nutrition products do you use: I am old school. Lime Gatorade. When the heat gets up there, I add a scoop of GQ6 per bottle for a little extra boost. On 70.3 I use the famous "Johnson Cocktail" 2 scoops Perpetrum Orange, 1 scoop Heed Strawberry to get the calories in.

What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.): Love my Cannondale Slice, Wattie Ink Tri Kit, Garneau Bike shoes, Zoot Ultra TT for shorter races barefoot, Mizuno Syanara with socks for 70.3 and longer.

What training resources do you recommend: A coach is always the best, but always keep track of your workouts in Training Peaks or Strava so you can track your progress.

What advice do you have for anyone beginning triathlons: Enjoy the journey. When you are racing, don't worry about the people around you. Follow your plan!!

What is your proudest triathlon or competitive moment: Finishing my first Full Ironman. I came around the last corner before the finish line, seeing my coach jumping up and down, friends lining the shoot, and Alison right before I crossed the line. Of course hearing.....Wayne you are an Ironman!!

What, in triathlon, do you wish you could improve the most: My bike. I always lose spots during the bike portion. I am still looking for the right formula of swimming and bike, but leave enough in the tank to catch people on the run.

What is your idea of a perfect day: Get in my workouts early enough, so I can watch my kids at either swim team or running club. Make a great dinner for the family with a glass a wine where we all share the highlights of our day.

WE HOPE TO SEE YOU AT THE MEETING!!!!



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